

I CLAIM:

1. A distractor, comprising: a distraction head having a longitudinal axis and a first pair of opposed surfaces extending substantially along said longitudinal axis and defining a first working distraction height approximating a normal disc space height and a second pair of opposed surfaces extending substantially along said longitudinal axis and defining a second working distraction height approximating a second normal disc space height, said distraction head rotatable between said first distraction height and said second distraction height by rotating the distraction head about said longitudinal axis.
2. The distractor of claim 1, wherein said first pair of opposing surfaces are planar surfaces extending in a parallel alignment along said longitudinal axis.
3. The distractor of claim 2, wherein said distractor head includes:
 - a distractor tip having a rounded leading edge to permit insertion of said distractor head to directly achieve said second working distraction height; and
 - a pair of inclined surfaces extending from said leading edge to said first pair of opposing surfaces.
4. The distractor of claim 1, wherein said distractor head includes rounded surfaces adapted to engage and urge bone apart to said second distraction height during rotation.
5. The distractor of claim 1, further comprising a shaft joined with said distractor head.
6. The distractor of claim 5, wherein said shaft is integrally joined to said distractor head.
7. A spinal distractor for use in spinal surgery for temporarily positioning two adjacent vertebral bodies in selected relationship to restore the height of the disc space therebetween prior to inserting an implant into the distracted disc space, said spinal distractor comprising:
 - a body having a proximal end, a distal end opposite said proximal end, and a mid-longitudinal axis therebetween; and
 - an extension extending from said distal end of said body and configured to contact the adjacent vertebral bodies upon insertion into the disc space between

- the two adjacent vertebral bodies, said extension being removably attached to said body, said extension being adapted to bear against adjacent endplates of the two adjacent vertebral bodies, said extension having a first portion for bearing against one of the adjacent endplates and a second portion for bearing against the other of the adjacent endplates to maintain the adjacent vertebral bodies in selected relationship, said extension having a height no greater than the surgically corrected height of the disc space, said distal end of said body being configured to prevent said body from entering the disc space between the endplates of the adjacent vertebral bodies when said extension is inserted into the disc space.
8. The spinal distractor of claim 7, wherein said body has a shoulder at the juncture of said extension and said body for preventing said body from entering the disc space between the endplates of the adjacent vertebral bodies.
 9. The spinal distractor of claim 7, wherein said distal end of said body has a circular cross-section.
 10. The spinal distractor of claim 7, wherein said extension includes a head proximate the juncture of said extension and said body, said head being dimensioned to prevent entry into the disc space.
 11. The spinal distractor of claims 10, wherein said head has a low profile so as to minimize protrusion of said head from the two adjacent vertebral bodies.
 12. The spinal distractor of claim 7, wherein said extension has a tapered front end to facilitate insertion of said extension into the disc space.
 13. The spinal distractor of claim 7, wherein said extension has surface irregularities.
 14. The spinal distractor of claim 13, wherein said surface irregularities include ratchetings.
 15. The spinal distractor of claim 13, wherein said surface irregularities include knurling.
 16. The spinal distractor of claim 7, wherein said body is configured to engage an extraction device for extracting said extension from the disc space.
 17. The spinal distractor of claim 16, wherein said body includes a mating member for mating with the extraction device.

18. The spinal distractor of claim 7, further comprising an impacting surface proximate the juncture of said body and said extension for flattening portions of the exterior surface of the two adjacent vertebral bodies.
19. The spinal distractor of claim 7, in combination with a guard member having an opening for providing protected access to the disc space and the adjacent vertebral bodies, said spinal distractor adapted to pass through said opening of said guard.
20. The combination of claim 19, wherein said proximal end of said body of said distractor is configured to allow said guard to be placed over said proximal end of said body.
21. The combination of claim 19, in combination with a bone removal device having a portion sized for movement through said opening for forming through said guard an implantation space at least in part across the surgically corrected height of the disc space.
22. The combination of claim 21, wherein said bone removal device is one of a drill, a trephine, and a reamer.
23. The combination of claim 7, further in combination with a spinal insert.
24. The combination of claim 23, wherein said spinal insert is one of a dowel, an interbody spinal implant, and an interbody spinal fusion implant.
25. The combination of claim 23, wherein said spinal insert comprises at least in part bone.
26. The combination of claim 23, wherein said spinal insert is a bone graft.
27. The combination of claim 23, further in combination with a fusion promoting substance.
28. The combination of claim 27, wherein said fusion promoting substance is bone.
29. The combination of claim 23, further in combination with a press for compressing said fusion promoting substance into said spinal insert.
30. The combination of claim 23, further in combination with an implant driver configured to insert said spinal insert into the implantation space formed by said bone removal device.

31. The combination of claim 19, in combination with a tap for insertion through said guard for tapping the two adjacent vertebral bodies.